

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 20, 6

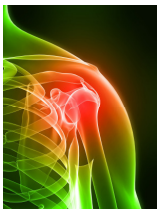
JUNE 2014



## FATHER'S DAY LUNCH

Join us on Tuesday, **June 10 at 11:45** as we honor fathers with a special lunch. The menu will be roast pork with gravy, mashed potatoes, carrots, dinner roll and strawberry shortcake with whipped topping. Cost for the meal is \$2 and is payable at time of registration. Following the delicious meal, we will have entertainment provided by the Agawam Melody Band, an 8 piece band! Stop in at the front desk today and sign up—as always, space is limited!!

## WHATS WRONG WITH MY SHOULDER?



What's Wrong with My Shoulder is a 45 minute presentation that discusses the anatomy of the shoulder, common mechanisms of injury, different medical diagnoses that can happen to the shoulder, ways to reduce your risk of injury to your shoulder and basic shoulder stretching exercises that participants can do in their own home. Join Tom Bianco on **Monday, June 9 at 10 am** for this presentation. Call 594-8379 to reserve a seat.

## Banker's Life Presentation

### Monday June 2nd

Amy Thrall will be speaking about Medicare (what it covers and what it does not cover); estate planning and leaving a legacy, long term care/home health care/extended care coverage, building wealth information; healthcare - state assistance programs to help with prescriptions and out of pocket expenses, etc. Presentation begins at 10 am. Please call 596-8379 to reserve a seat.

## Lobster Playhouse Bus Trip



July 22—"Weekend Comedy" A thoroughly enjoyable comedy about a fifties couple and a mid-twenties couple who accidentally rent the same cottage for the weekend. They decide to share and the fun begins. There will also be a Cabaret show after the play. Meal consists of one lobster, shrimp, mussels, corn on cob, chicken, potatoes, many cold salads, dessert, coffee and tea. Cost is \$89. A \$2 tip will be collected on the bus on the way home. Registration with payment begins June 3, 8 am.. Seats are limited. See Mary Ellen Schmidt with any questions.

## FARMERS MARKET COUPONS

The past few years, we have received fewer and fewer Farmers Market Coupons from the state. This year we will be holding a lottery to distribute the coupons. To be eligible, you must be at least 60, have household income not more than 185% of federal poverty levels, proof of enrollment in fuel assistance, food stamps or live in subsidized elderly housing. If you qualify, call the Senior Center at 596-8379 and ask that your name be added to lottery list. We will notify winners once coupons have arrived.



## UROLOGIST PRESENTATION

On **Monday, June 16 at 10 am**, Dr. Brecht will be at the Wilbraham Senior Center for a presentation on bladder control issues, frequency, urgency and incontinence, prostate issues and different urinary cancers. Following her short presentation, there will be an question and answer period.

Dr. Jacqueline Brecht MD was born and raised in Washington, DC. She received her undergraduate degree from Cornell and her masters from Georgetown. She completed her residency at Northeastern Ohio College of Medicine. She practiced in Alaska and has been on the east coast since 2008.

Please call 596-8379 to sign up for this very information presentation.

## PITCH PLAYERS WANTED

Come one, come all and join the fun! New pitch players are welcome on Mondays at 12:30 pm. \$2 entry fee.



## HEALTH & FITNESS PROGRAMS

### HEALTH PROGRAMS

Blood Pressure Readings, **Tues., 11- 12 noon.**

Foot Care Nurses will be at the Center on **June 12** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be here on **June 11** cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **June 11**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

Lee Giglietti, Public Health Nurse, is available on Tuesdays and Wednesdays for consultations. Please call for hours.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

### FITNESS PROGRAMS

Line Dancing on **Wednesdays at 1:40 p.m.** with Kathy Hunter, \$2 a class. Beginner Line Dance class on **Fridays at 1:40 p.m.**

Zumba Gold—Wednesdays at 2 & Fridays at 10:30, \$5.

Tap Dance with Mary Ann, will resume in September.

Tai Chi, Wednesdays at 9 a.m. FREE!

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Chair Exercise, **Tues.& Thurs. at 10 a.m.**

Arthritis Exercise with Mary Ellen, **Wed., 10:15 a.m.**

Ludlow Reservoir Walks, 5 brisk miles, **Fri., 9 a.m.**

Gentle Walking - **Mondays from 12-12:45.**

Outrageous Adventures— **June 13.** See Mary Ellen for more information.

**Senior Center Fitness Equipment— recumbent bike and treadmill.** A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

### SPA PROGRAMS

**CHAIR MASSAGE AT SENIOR CENTER**—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **June 6.** Very relaxing!!



**Sole Food Reflexology**—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **June 6 & 20** for appointments. Cost is \$10.

**MANICURES AT THE CENTER**—Manicures by Cathy Rasid (licensed manicurist) every other Tuesday. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call 596-8379 for appointments. **June 10 & 24.**  
**Call 596-8379 for appointments.**

# DONATIONS

Thanks to those who have donated to the Friends of Wilbraham Seniors and Building Fund:

## Friends

Driscoll, Julie  
Fusco, Shirley  
Garrow, Geri  
Merwin, Helen  
Scott, Lorraine  
Shewchuk, Mary  
Sullivan, Robert/Vicki  
McCorkindale, Ed  
Vitkus, Janet

## Building Fund

Albano, Carol  
Axtmann, Terry /Michele  
Bones, Ramona  
Garceau, Tony  
Kazin, Bart/Phyllis  
Krazy Jake's  
Kathy Hunter & Fri Line  
Dancers  
memory of Ernest Richards,  
Sr

Annis, Gail & Tony of  
Spirit Realty Trust  
Gamache, Yvonne  
Beard, Deborah  
Peters, Joe & Joanne  
memory of Eugene O'Shea  
Patricia O'Brien  
memory of Jack Shea  
Barbara Harrington  
memory of Mark Soukup  
Barbara Harrington

## FROM THE DIRECTOR'S DESK

Great news!! Our request for funding for a professional feasibility study was approved at the annual town meeting in May. This study will contain a site evaluation of properties, develop a design concept based on space needs, cost estimates, evaluate zoning, impact on neighborhood, and much more. Funding for this study will be available July 1, 2014. As we move forward in our quest for a larger senior center, I ask that you please continue to support our Friends of Wilbraham Seniors fund raising efforts. We have a long road ahead of us, but the good news is we are moving forward!!

Paula

## KEYSTONE COMMONS TOUR

On Friday, June 6th a tour of Keystone Commons in Ludlow will be offered, followed by a complimentary lunch. We will leave the senior center at 10:30. Great opportunity to see what Keystone Commons is all about. Seats are limited on the van. Sign up at the front desk.



## JUNE EVENTS

**SHINE** (*Serving health insurance needs of elders*) Rep. will be at the Center on Friday, June 13.

**BOOK CLUB** will meet on Thursday **June 19** at 1:30 pm.

**QUILTING CLUB** Meets every Thursday at 1:00 p.m.

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **June 18**. Call for appt. 596-8379.


**JEWELRY WORKSHOP** with Sandy Merrill, on Wednesday, **June 18** at 10 am. \$3/class.

**MEN'S BREAKFAST** in Wilbraham on **Friday, June 27 at 8:30 a.m.** Please call to register—596-8379.

**AFTERNOONS: PITCH** Mondays, 12:30 p.m., **DOMINOES** Thursdays, 11:30 a.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

**FRIENDS OF WILBRAHAM SENIORS MEETING** Monthly meeting held on **June 9** at 1 pm.

# JUNE 2014

Mon	Tue	Wed	Thu	Fri
<b>2</b> 10-Estate Planning 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Baked Chicken in Garlic sauce</i> <b>Stop &amp; Shop</b>	<b>3 CASINO TRIP</b> 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>4</b> 9-Tai Chi 10:15-Arthritis 11:15-Belly Dance 1:40-Line Dance 2-Zumba Gold  <i>Holyoke Mall</i>	<b>5</b> 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club  <i>Big Y</i>	<b>6</b> 9-Chair Massage 9-Reflexology 10:30-Zumba Gold 10:30-Keystone Commons Trip 12:30-Garden Art 1-Bridge
<b>9</b> 10-Shoulder Talk 12-Gentle Walking 12:30-Pitch 1-Rug Making 1-Friends Meeting <i>Salmon Dill sauce</i> <b>Big Y</b>	<b>10</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 11:45- <b>Fathers Day Lunch</b> 1-Knitting Etc. 1-Red Hat Meeting <i>Around Town</i>	<b>11</b> 9-Tai Chi 10-Podiatrist 10-Baystate Hearing 10:15-Arthritis 11:15-Belly Dance 1:40-Line Dance 2-Zumba Gold <i>Wal Mart</i>	<b>12</b> 8-Foot Care Nurse 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club  <i>Stop &amp; Shop</i>	<b>13</b> 9-SHINE Rep. 9—Outrageous Adventures 10:30—Zumba Gold 1-Bridge 1:40-Line Dance
<b>16</b> 10—Urology Health 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Baked chicken in honey mustard sauce</i> <b>Stop &amp; Shop</b>	<b>17</b> 10-Chair Exercise 10— Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>18</b> 9-Tai Chi 10-Jewelry Class 10:15-Arthritis Class 11:15-Belly Dance 1-Attorney Peterson 1:40-Line Dance 2-Zumba Gold <i>Eastfield Mall</i>	<b>19</b> 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club 1:30-Book Club  <i>Big Y</i>	<b>20</b> 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>23</b> 10—Fallon health 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Mini ravioli in meat sauce</i> <b>Big Y</b>	<b>24</b> 10—Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Friends Board Mtg.  <i>Around Town</i>	<b>25</b> 9-Tai Chi 10:15-Arthritis Class 11:15-Belly Dance 1:40-Line Dance 2-Zumba Gold  <i>Wal Mart</i>	<b>26</b> 10-Chair Exercise 11:30-Dominoes 1-Quilting Club  <i>Stop &amp; Shop</i>	<b>27</b> 8:30-Mens Breakfast 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>30</b> 12-Gentle Walking 12:30-Pitch 1-Rug Making  <i>Swedish meatballs</i> <b>Stop &amp; Shop</b>				<b>Call 596-8379 to sign up for these programs or for more info.</b>

# **The Friends of Wilbraham Seniors**

**Senior Center Building Fund Event**

**Mohegan Sun**

**Luncheon Bus Trip**

**June 3, 2014 8:00a.m. Departure**

**From the Wilbraham Senior Center  
\$31.00 per person all inclusive**

**Fully paid all you can eat world class buffet**

**Dozens of spectacular selections**

**2 \$10 tickets for the winners wheel**

**Round trip bus fare**

**And a fun filled day out of town**

**To book your reserved seat call Jane Soukup**

**at 596-6046**



# Senior Center Feasibility Study Funding Approved !!!

AT 8:24 P.M. ON MONDAY, MAY 12, 2014 IN THE AUDITORIUM OF THE MINNECHAUG HIGH SCHOOL, THE TOWN MEETING OF WILBRAHAM APPROVED THE REQUEST FOR \$35,000 TO FUND A PROFESSIONAL FEASIBILITY STUDY FOR A NEW SENIOR CENTER. JUST TWO MINUTES BEFORE THAT THE POLICE STATION FEASIBILITY WAS ALSO APPROVED. BOTH WERE PASSED BY A HUGE MAJORITY.

***THANK YOU WILBRAHAM !***

## Sense Of Purpose Adds Years To Your Life, Study Finds

by [Shelley Emling](#) (Selected excerpts)

Researchers studying longevity say those who feel [a sense of purpose and direction in life may indeed live longer](#), no matter what their age.

"Our findings point to the fact that finding a direction for life, and setting overarching goals for what you want to achieve, can help you actually live longer, regardless of when you find your purpose," said lead researcher [Patrick Hill](#) of Carleton University in Canada in a written release. "So the earlier someone comes to a direction for life, the earlier these protective effects may be able to occur."

In their research, published in [Psychological Science](#), a journal of the Association for Psychological Science, Hill and colleagues examined data from more than 6,000 participants over a period of 14 years, focusing on their self-reported purpose in life.

Researchers say those who had died had reported a lower purpose in life and fewer positive relations than had those who had lived. Across the board, a greater purpose in life consistently predicted a lower risk of dying, showing the same benefit for younger, middle-aged and older participants. However, the sooner you discover a sense of direction and purpose, the better.

In another study, [a sense of purpose](#) was found to help protect the brain against the damage of Alzheimer's disease.

\*\*\*\*\**Join the Friends of Wilbraham Seniors and give yourself a new purpose*\*\*\*\*\*

## ***Senior Center News Corner***

### **Feasibility Building Sub-Committee: What Does That Entail?**

The dictionary says *"It is an evaluation & analysis of a proposed project which is based on extensive investigation & research to support the process of decision making"*.

Our committee will be considering site locations, accommodation requirements, project cost estimates, possible grant availability, Friends of Wilbraham Seniors fundraising potential, sewer availability, access and egress desirability, parking potential, project financing, and finally floor plan design and maybe a rendering.

The committee will likely be consulting with professionals who have worked on senior centers. They will also be looking at the cost and possibility of community center coordination. Our town Treasurer Tom Sullivan will be able to aid the committee in having a thorough understanding of the bonding possibilities. This committee will be able to utilize the extensive work done by its predecessor the Senior Center Needs Committee. They may be making field trips to other newer senior centers to increase their learning curve.

This committee will also be taking into consideration our large senior population (31.5% of the adult population). They will certainly have to consider the "Boomers", many of whom are aging in place (another 18% of the adult population). In 10 years well over 40% of our taxpaying adults will be seniors and must be a factor in planning.

Finally a major consideration must be the fact learned by the "Needs Committee". The activity level of **new senior centers** increases significantly. Research of 14 relatively new centers demonstrated increased daily visits ranging from double to 8 times the previous senior center. Keep in mind that our very small senior center already has an average of 70 people every day that use our center now!

That's a large part of what a Feasibility Building Committee does.

# RED HAT YA YA SISTERHOOD OF WILBRAHAM

Can you believe it is June already? Our year is drawing to an end. All members of the board have agreed to stay for another year. At the May event a vote was cast to re-elect all board members for another year.

The June event is Magic Wings and lunch at Chandlers Restaurant, where we will order off the menu with separate checks, with a little time to visit Yankee Candle. Elaine Lavoie (596-6001) and Martha Talbot (596-8676) are the chairladies for this event. We are leaving the senior center at 9:A.M. The van is available there is a \$4 charge. Soon current members will be receiving a phone call to ask if they would like to rejoin. You don't have to wait for the call. Send a check made out to Red Hat YaYa Sisterhood of Wilbraham for \$10. To Deb Gormley, 105 Chapin Green Dr. Ludlow, Ma 01056 and her phone number is 547-6583.

There will be no board meetings for the month of July or August but will resume September 9 and remember all are welcome. The meetings are at the Wilbraham Senior Center at 1pm. usually the 2<sup>nd</sup> Monday of the month. We are working on next year's events and looks like there are going to be many new and exciting things. If anyone is interested in participating as a chair or co-chair please let me know at 596-9938.

As always, Kathy Phipps, your Queen Mum

## community calendar

Alzheimer's Support Group - Does someone close to you have Dementia or Alzheimer's disease? Are you taking care of someone with memory loss? A support group for caregivers meets in the Brooks Room of the Wilbraham Library from 2-3 p.m. on the last Tuesday of each month.

Wilbraham's Old Meeting House Museum will host Master Tinsmith Jim DeWolfe on Sunday, June 9 from 2-4 pm. Following the presentation, there will be a sampling of colonial type baked goods. The museum is located at 450 Main Street and operated by the Atheneum Society of Wilbraham and is open one day a month from May-December. Admission is always free!

American Parkinson's Disease Association's sponsored support group of Springfield's next meeting will be Monday, June 2, 2014 at 4pm. This support group welcomes those diagnosed with the disease, those interested in learning more about it and the caregivers and friends assisting those coping with the disease. This month's speaker is Lissa Fontaine, RN, BSN, Health Educator/Nurse at the East Longmeadow Senior Center who will teach us the exercise program Tai Chi. **This will be the last meeting until September.** We meet at the **Jewish Community Center at 1160 Dickinson Street, Springfield, MA at 4 p.m.** and as usual: No registration is required for the support group meeting. If you have questions, call Joyce Dupont at [413-323-4274](tel:413-323-4274) ([IdupontB@aol.com](mailto:IdupontB@aol.com)) or Bobbie Levin at [413-536-1895](tel:413-536-1895). More Parkinson's information and events can be obtained on the APDAMA.org website.

## CONCERTS AT FOUNTAIN PARK

- 6/26—The Floyd Patterson Band
- 7/10—The Heritage Pops Orchestra  
(18 Piece Big Band)
- 7/17—The Frank Manzi Band
- 7/24—The Tom Ingram Band
- 7/31—The Diamond Collection  
(Ultimate Neil Diamond Tribute Band)
- 8/7—The Glamour Girls  
(The Queens of Retro Rock, Pop & Soul)

Concerts run from 6:30-8:30 but come early to get a great seat, listen to the opening acts and have a relaxing picnic in the beautiful park. \$5 parking donation, food available on site. For more information, go to: [explorefountainpark.com](http://explorefountainpark.com)





## VETERANS OFFICE NEWS



Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow. Call **596-8379** and ask for Veteran's Agent.

### MESSAGE REGARDING SENIOR COMMUNITY MEALS FROM GREATER SPRINGFIELD SENIOR SERVICES

The meals program is funded in large part by federal and state dollars. Unfortunately these funds have not increased sufficiently to keep up with the rising food costs. Due to this factor, the suggested donation for our meals will be increasing to \$2.00 a meal starting June 1, 2014. There has not been an increase in 18 years and this amount reflects only a portion of the cost of the program.



## BOOK CLUB

The Wilbraham Senior Center Book Club meets the 3rd Thursday of the month at 1:30 pm. They are a book loving bunch of people who enjoy a wide variety of books, reading both fiction and non-fiction. Most of the books are not part of the "garden variety sort" of books with a preset list of questions. Members chose books that they would like to read and select some "discussion points" and starters for discussion. Here is the list of upcoming meetings and the books that will be discussed.  
June 19 at 1:30 pm

Call Berneal at 596-6948 to find out what the book is.

ADS



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**DIRECTOR OF ELDER AFFAIRS:**

Paula Dubord

**ACTIVITIES/VOLUNTEER****COORDINATOR:**

Mary Ellen Schmidt

**SOCIAL SERVICES****COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

**VETERAN'S AGENT:**

Richard Prochnow

**PUBLIC HEALTH NURSE:**

Lee Giglietti, BS, RN, BSN

**MEAL SITE DIRECTOR:**

Ruth Bretta

**SENIOR AIDE:**

Jim Hiersche

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**WEEKLY VOLUNTEERS**

**Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Kathy Phipps, Ginnie Rickert,

Jackie Daniels, Paula May

**Van:** Dottie Kantor, Peter Siuda,

John Cochran & Gary Babineau

**IF YOU WISH TO UNSUBSCRIBE****FROM THIS NEWSLETTER****PLEASE CALL THE SENIOR****CENTER AT 596-8379**

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors". Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705

Wilbraham, MA 01095

Meals served Mon and Tues at 11:45 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS  
WILBRAHAM SENIOR CENTER  
45B POST OFFICE PARK  
WILBRAHAM, MA 01095-1179**

Nonprofit Organization  
U.S. Postage Paid  
Springfield MA  
PERMIT NO. 2853

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**SENIOR CENTER HOURS:**

**Monday-Friday, 8:00-4:00**

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**PVTA Van Service**

available by calling 739-7436.

Newsletter available online at  
[www.wilbraham-ma.gov](http://www.wilbraham-ma.gov)

**COUNCIL ON AGING MEMBERS:**

**Chairperson:** Trant Campbell

**Vice Chair:** Robert Page

**Secretary:** Ellen O'Brien

**Members:** Theresa Munn, Gilles Turcotte,  
Marie Valentine, Diane Weston, Father  
Panteleimon Klostri

Meeting: 1st Wednesday of each month at  
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center

45B Post Office Park

Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546

Email: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov)

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:**

**June 2—Stop & Shop**

**June 9—Big Y**

**June 16—Stop & Shop**

**June 23—Big Y**

**June 30—Stop & Shop**

**WEDNESDAY TRIPS**

**June 4—Holyoke Mall**

**June 11—Wal-Mart**

**June 18—Eastfield Mall**

**June 25—Wal-Mart**

**THURSDAYS TRIPS**

**June 5—Big Y**

**June 12—Stop & Shop**

**June 19—Big Y**

**June 26—Stop & Shop**

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

**Call 596-8379 to sign up today.**

